Rabbit et Trois

Indulge in a luxurious rabbit feast with confit rabbit leg, rabbit and wild garlic ragout, and fried rabbit fillet rolled in dried mushroom flakes. This is a showstopping dinner for two or perfect meal for one night then taken to work for a healthy lunch the next day. The tallow seems like a lot but most can be retained after the confit to be reused for other dishes that week, just be sure to render(boil) it down to kill bacteria and reduce any excess moisture content.

**ingredients**

* 1 whole rabbit, (remove back legs and loin/backstraps prior to roasting)
* 1 egg
* 10g acorn flour
* 200g cow parsley
* 200g of wild garlic
* 10g fresh spruce tips, pine fronds or larch roses (softest you can find)
* 50g dried mushrooms (parasols work great for this)
* 150g/200g tallow
* 1 large mason/canning jar or silicone sous vide bag
* Slow cooker/sous vide/multicooker
* Salt and horseradish to taste

**steps**

Confit rabbit leg: cook rabbit legs in the tallow at 75°C for 8 hours. Place your legs, with a pinch of salt in a suitable sous vide bag or mason jar along with all the tallow, if using a jar it may be helpful to check there is enough fat to cover the legs by pre melting the tallow in a pan and pouring over the legs, topping up with extra if required. (following sous vide/multicooker instructions that may vary by brand). Then set aside while you complete the next steps.

[Precision Cooking in Canning Jars – Anova Culinary](https://anovaculinary.com/blogs/blog/5-tips-for-precision-cooking-in-canning-jars)

Rabbit and wild garlic ragout: you can either de;bone the front legs and pick the rest of the meat off the carcass or roast/pan fry in a little tallow/sous vide it, all allow to cool slightly before picking the meat off (saving the juices) which I find much easier and produces less waste. Set aside the meat in a bowl while you sauté the cow parsley with wild garlic and spruce tips in the cooking juices and a teaspoon of the tallow. Take pan off the heat and set aside.

Mushroom-crusted rabbit fillet: ok so your ready to crumb the fillets, you will need three bowls or plates for this in the first place the acorn flour, in the second crack the egg and whisk with a fork, in the third bowl crush your dried mushrooms, you want rough flakes rather than a fine powder though as texture matters to the finished look of your dish. roll each rabbit fillet ensuring that each coating covers the entire fillet, first in the flour, then egg, then in dried mushroom flakes, then repeat to get a solid crust to each fillet then pan fry in some of the tallow saved from the confit leg step. Keep turning the fillets to get an equal golden browning then set aside to rest as you reheat the rest of the dish.

4.

Put the Ragout pan back on a high heat, adding the carcass meat and the confit legs along with any remaining juices, a splash of homemade wine/cider/mead never hurts either ! (but not the excess tallow as the confit legs should have enough residual fat on them). Bring to a light simmer and put a lid over the pan for 6 mins to ensure everything is piping hot.

5.

Plate by spooning the ragout on the warmed plates, spreading it slightly the confit rabbit leg to one side and the rolled fillet to the other, garnishing with dried mushroom slices/ flakes, wild garlic buds, foraged petals, berries and chopped wild herbs

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